

HANDWASHING

The single most effective thing that can be done to prevent the spread of disease is to correctly **wash your hands** thoroughly and often.

Both **STAFF** and **CHILDREN** **WASH:**

- When **arriving**.
- Before and after eating, before preparing or serving **food**, or setting the table.
- Before and after preparing or giving **medication**.
- After using the **toilet**, before and after **diaper** change, or after assisting a child with toilet use.
- After handling items soiled with **body fluids or wastes** (blood, vomit, stool, urine, drool, or eye drainage).
- After coughing, sneezing, or blowing your **nose**.
- After playing with or caring for **pets or other animals**.
- After playing **outside**.
- Before and after using water tables or **moist items** such as clay.
- Whenever hands **look, feel, or smell unclean**.
- Before going home.

Acquired with the permission from Hennepin County HSPHD; Why, How, When: A Handwashing Curriculum, revised 2008